

**What Do You Know About CATTLE?**

Do You Want to Know the CATTLE BUSINESS?

Drop us a post card today and get FREE INFORMATION about the New Book, "CATTLE BREEDS AND ORIGIN" about all breeds of cattle on earth.

DR. DAVID ROBERTS' VETERINARY CO., 150, WALKERSVILLE, WIS.

**Something Coming His Way.**

Two elderly gentlemen, both decently clothed in sober black, were sitting side by side in a motorbus. Each was reading a morning paper. Suddenly one of the men uttered an exclamation of pleasure and the other peered at him over his spectacles.

"I see here," explained the first, with a beaming face, "that Mr. Grewson, who died last week, has left his entire fortune to various charitable enterprises. This will be a surprise to his many relatives. It is to me—a glad surprise, in my case, for I am the minister of a church to which he has left \$2,000."

The other man looked at the newspaper and his face, too, became wreathed in smiles.

"Bless him!" he exclaimed heartily. "All to charitable institutions, in spite of his relatives! Ah, sir, I like to see money left like that—I do, indeed."

"Are you also a minister?"

"No, sir; I am a lawyer."

**Parable.**

Autocracy and his pal, Militarism, had been away on a long fishing trip, and were returning home.

"Where are the fish?" asked Herr Deutschland, who had remained at home cutting bait and renewing the fishing outfit at intervals.

"They got away," said Autocracy and Militarism.

"Fraulein," said Herr Deutschland, "fetch me the axe, the double-bladed one."

**Up to Date.**

Marcella—Is Bennie Beanbrough still painting houses for a living?

Waverly—Yes, but he doesn't call it that now.

Marcella—What does he call it?

Waverly—Camouflaging residences.—Youngstown Telegram.

**ALLEN'S FOOT-EASE DOES IT**

When your shoes pinch or your corns and bunions ache get Allen's Foot-Ease, the antiseptic powder to be shaken into shoes and sprinkled in the foot-bath. Gives instant relief to Tired, Aching, Swollen, Tender feet. Over 100,000 packages are being used by the troops at the front. Sold every where, 25c. Don't accept any substitute.—Adv.

**Cut Off the List.**

"Do you know any pro-Germans?"

"No, and what's more, if I did, I'd cease knowing them."

Many a married man shows his years more than a single man because he has to carry a few of his wife's.

Down deep in his heart the average man is anxious to see some other man get it in the neck.

**CATARRH**

For head or throat Catarrh try the vapor treatment

**VICK'S VAPORUB**

Keeps a Little Body Guard in Your Home

**SALESMEN Wanted To Sell**

Our West Virginia Grown NURSERY STOCK

Fine canvassing outfit FREE. Cash Commission Paid Weekly. WRITE FOR TERMS.

Our Nurseries were grown in Ohio for more than 40 years, and much of our stock is grown and sold there now.

**THE GOLD NURSERY CO.**

Mason City, Mason County, West Virginia

**Old Sores Healed**

White Swelling, Necrosis or dead bone, old sores or ulcers of long duration have been healed by our famous BONE HEALING OINTMENT.

If afflicted, try it. Tell your friends of this famous remedy. Write for free sample and testimonials of a large number who are rejoicing at being healed of dread afflictions.

**GOOD FOR MAN OR BEAST**

**THE WILSON MEDICAL CO., Inc.**

WEST LAFAYETTE, OHIO

**ABSORBINE**

Will reduce Inflamed, Strained, Swollen Tendons, Ligaments, or Muscles. Stops the lameness and pain from a Splint, Side Bone or Bone Spavin. No blister, no hair gone and horse can be used. \$2.50 a bottle at druggists or delivered. Describe your case for special instructions and interesting horse Book 2 R Free.

**ABSORBINE, JR.**, the antiseptic liniment for man and horse, \$1.00 a bottle at druggists or delivered. Book "Bridging" Free. W. F. YOUNG, P. O. 310 Temple Street, Springfield, Mass.

**Frost Proof Cabbage Plants**

and Pure Strain Potato Slips

Guaranteed to head. Prompt shipment. Cabbage plants \$1.25 per 1,000, express collect. Mail prepaid, 500 \$1.25; Nancy Hall and Porto Rico slips at \$2.25 per 1,000 express collect. Cabbage, million lots 75c. Albany Plant Co., Albany, Georgia

**83 SONGS 5c**

Words and Music

Familiar Songs of the Gospel we all know and love to sing. No. 1 or 2. Round or shape notes. \$4 per hundred; samples 5c each. 83 songs, words and music. No. 1 and 2 combined, \$7 per hundred, 10c a copy. Mention this paper.

**E. A. K. HACKETT, Fort Wayne, Ind.**

# The KITCHEN CABINET

The year's at the spring  
And day's at the morn;  
Morning's at seven  
The hillside's dew pearled,  
The lark's on the wing,  
The snail's on the thorn,  
God's in his heaven,—  
All's right with the world.  
—Robt. Browning.

## CONSERVE WHEAT.

The following recipes will be found useful in saving wheat flour, to be used at all meals that are not wheatless.

**Combination Bread.**—Take one cupful of oatmeal, one tablespoonful of salt, two tablespoonfuls of sirup, two cupfuls of boiling water, a

tablespoonful of fat, two cakes of yeast dissolved in a half-cupful of luke-warm water; one cupful each of rye, corn flour and entire wheat flour with one three-fourths cupful of white flour. Pour the boiling water over the oats, rye and corn flour, then when cool add the other ingredients. Knead well, let rise until double its bulk and make into loaves; when double in bulk bake in a moderate oven. This bread saves 60 per cent wheat.

**Oatmeal Bread.**—Scald two cupfuls of oatmeal with two cupfuls of boiling water; add a tablespoonful each of fat and salt, four tablespoonfuls of corn sirup and a cake of yeast dissolved in a half-cupful of warm water; mix and add five cupfuls of wheat flour; knead well, let rise until double its bulk and make into loaves; when light bake in a moderate oven. This makes two loaves.

**Rye is very scarce and is not now on the substitute list; it may be used as usual with flour if one has a supply, but cannot be purchased as a substitute any longer.**

**Oatmeal Betty.**—Take two cupfuls of cooked oatmeal, four apples cut fine, a half cupful of raisins, a half cupful of sugar, a fourth of a teaspoonful of cinnamon; mix and bake one-half hour. Serve hot or cold. Any dried, fresh fruits or ground peanuts may be used in place of the apples.

**Cornmeal Bread.**—Take two and a half cupfuls of skim milk, a tablespoonful of sugar or sirup, two teaspoonfuls of fat, two of salt, one and a third cupfuls of cornmeal, four and two-thirds cupfuls of flour, a cake of yeast dissolved in a half-cupful of warm water. Add the flour gradually after all the other ingredients are well blended and knead well. Let rise, knead again and mold into loaves. When double in bulk, bake in a moderate oven for at least an hour. This makes two loaves. In most homes these days you never see the ordinary wheat bread; everybody enjoys the substitutes so well.

**I wonder if the sap is stirring yet, if wintry birds are dreaming of a mate. If frozen snowdrops feel as yet the sun, And crocus fires are kindling one by one?**

—C. Rossett.

**SOMETHING GOOD TO EAT.**

For the meatless days and meatless meals we like variety and at the same time to keep within the limits of the family purse.

**Walnut Sausage.**—Mix half a cupful of boiled rice, half a cupful of stale bread crumbs and a cupful of ground walnut meats; add one tablespoonful of olive oil, one egg, salt, pepper and sage to taste. Shape in small cakes and cook slightly.

**Swedish Fish Soup.**—Make a stock by cooking the heads, tails, fins and bones of any white fish, in cold water to cover; add a slice each of onion, carrot, a bay leaf and a few peppercorns. Cook slowly for one hour, then strain and thicken with two tablespoonfuls of flour and butter cooked together using one quart of the stock, with salt and pepper to taste; add a pint of milk just before serving.

**Chicken and Chestnut Salad.**—Mix half a cupful of diced chicken with half a cupful each of celery cut fine and chestnuts cooked and cut in slices. Add two tablespoonfuls of finely chopped green peppers, salt, paprika, and a dash of red pepper. Marinate with French dressing and serve with mayonnaise dressing.

**Nut and Cheese Roast.**—Cook two tablespoonfuls of chopped onion in one tablespoonful of grated cheese; a cupful of nutmeats and a cupful of soft bread crumbs moistened with a little water from the pan in which the onion was browned; season with salt, pepper and the juice of half a lemon. Pour into a buttered baking dish and bake until brown.

**Chicken Pie.**—Cook a four-pound chicken until tender, after disjointing it; put into a deep baking dish, with a small whole onion finely chopped; thicken five cupfuls of the chicken broth with three tablespoonfuls each of flour and butter cooked together. Cover with a rich crust, leaving plenty of vent for the steam to escape while cooking. A short time before the pie is served pour into it a half-cupful or more of sweet cream, or lacking that, beat an egg into a half-cupful of milk to add richness to the gravy.

Who has not wanted, does not guess  
What plenty is—who has not groped  
In depths of doubt and hopelessness,  
Has never truly hoped.  
—Riley.

## WHOLESALE BREADS CONTAINING NO WHEAT.

Rice and various breakfast cereals may be used in griddle cakes and gems, thus taking the place of flour and making a most appetizing and nutritious bread.

**Oat Crackers.**—Take two cupfuls of rolled oats, a fourth of a cupful each of molasses and milk, 1½ tablespoonfuls of fat, a fourth of a teaspoonful of soda and a teaspoonful of salt; mix well and roll out in a sheet, then cut in squares. Bake for 20 minutes in a moderate oven. This makes three dozen crackers.

**Cornmeal mush** cooked a long time then molded can be sliced and fried for breakfast. The addition of chopped nuts, cheese or finely minced meat of various kinds may be used in the mush.

**Baked Oatmeal and Nuts.**—Take two cupfuls of cooked oatmeal, a cupful of crushed peanuts, a half cupful of milk, a teaspoonful of vinegar, a fourth of a teaspoonful of pepper and 2½ teaspoonfuls of salt; mix together and bake in a greased pan for 15 minutes. This serves five people.

**Cornmeal Patties.**—Scald a pint of cornmeal with a cupful of boiling water, rub in a tablespoonful each of vegetable oil or a teaspoonful of fat and salt, two beaten eggs and a half cupful of skimmed milk. Drop from a spoon on greased tins. Bake until brown, serve hot. Nice with gravy to take the place of Yorkshire pudding.

Corn flour used as any other flour with egg and milk, makes fine griddle cakes.

If you were busy being kind  
Before you knew it you would find  
You'd soon forget to think 'twas true  
That some one was unkind to you.  
—Rebecca Foreman.

**GOOD MEAT SUBSTITUTES.**

The following are well-tried recipes gathered from many sources, which will be found worth while:

**Pecan Loaf.**—Three cupfuls of boiled rice, one cupful each of cracker crumbs and chopped pecans, one-half cupful of skim milk, the yolks of three eggs, grated onion, pepper and salt for seasoning. Mold in a small loaf and bake.

**Tomato Nut Loaf.**—Take one cupful each of chopped nut meat, cooked rice and tomato pulp, one egg, 1½ teaspoonfuls of salt, a half teaspoonful of pepper and a teaspoonful of chopped onion. Mix the ingredients, adding celery salt, or sage if desired. Shape into a loaf and bake 30 minutes.

**Gnocchi.**—Into one-fourth cupful of vegetable fat stir one-fourth cupful each of cornmeal and cornstarch, add a half teaspoonful of salt, and gradually two cupfuls of scalded milk, stir constantly. Cook for three minutes, then cool slightly and add the well-beaten yolks of two eggs and one-fourth of a cupful of grated cheese. Then add the whites of two eggs beaten stiff. Put into a buttered baking dish and sprinkle with one-half cupful of grated cheese over the top. Bake carefully in a hot oven for 30 minutes.

**Fish Loaf.**—Take one cupful each of salmon, bread crumbs and hot milk, a half teaspoonful of salt, an eighth of a teaspoonful of pepper and two eggs. Rub the fish fine with a potato masher, add the milk to the crumbs and melted fat, and seasonings, then combine with the fish. Add the well-beaten eggs, put in a greased baking dish and bake or steam. Serve with a white sauce with the salmon liquor added to it if liked. Tomato sauce is also good served with this loaf. Pans in a sauce poured around the loaf are an addition which will add to the food value of the dish.

**Placing Oysters in Salt Lake.**

Plans have been made to begin the propagation of oysters in Bear River bay, Salt Lake, Utah, this spring. Experiments and scientific study of conditions have indicated, to the satisfaction of the state fish and game commissioner, that the enterprise is a thoroughly feasible one. Analysis has shown that the percentage of salt in the water is practically the same as in ocean oyster beds.

**She Sat Apart.**

We were talking across the aisle.  
Presently the girl who sat alone leaped over and said: "You and the lady take this seat. I'm not together."  
—Chicago Tribune.

**Tipped Off.**

Mrs. Gnaggs—"If I had known what a fool you were I never should have married you." Mr. Gnaggs—"You might have guessed it when I proposed to you."—Judge.

## The Safety of the Christian

By REV. B. B. SUTCLIFFE  
Extension Department, Moody Bible Institute, Chicago

TEXT—When I cry unto thee then shall mine enemies turn back: this I know: for God is for me.—Ps. 56:1

David, the sweet singer of Israel, has set down for us in the expression of his own emotions and experiences the heart of the believer's comfort and assurance. The Psalms contain the voice of the spiritual life of one who holds communion with God in the midst of a world opposed to him. In the above text there is much of comfort and assurance for the one beset by the foes of righteousness and truth.

**The Need of Safety.**

This psalm declares in the second verse "they be many that fight against me" and this is echoed by every Christian's heart. The world with its infinite variety of subtle temptations, adding huge stores of fuel to the pride of life, appealing in such crafty ways of the Christian's natural self; the flesh with its never-ending tug and pull drawing one in multitudinous ways to its desires and the devil with his unnumbered wiles and devices leading into the avenues which appear so good and even religious, which yet are the paths toward death. Numerous indeed are the hosts of enemies. Malignant too these enemies are offering no quarter, showing no mercy but as this psalm says they "would daily swallow me up." They are as persistent as they are numerous and malignant. There is no respite from their attacks; they are "fighting daily," continually. Surely there is need of safety for the Christian in the midst of these foes.

**The Time of Safety.**

Our text says "when I cry unto thee, then shall mine enemies turn back." In his desire to teach us the Lord seems to permit us to go on fighting with our own strength, struggling with our weakness, striving to win in the unequal strife until we come one of old to the end of self and self's power and cry "O wretched man that I am." But while he permits this, it is only that he may lift us up in victory and makes us superior to all the attacks however bitter and hard pressed they may be. It has been well said that "the end of self is God's beginning" for "when I am weak then am I strong." Strong no longer in the power of my own resolutions and the force of my will, but strengthened by the might of the God who is omnipotent. When the Christian comes to the end of self, with his back to the wall and with a realization of his insufficiency, then he cries to the almighty one and finds swift deliverance from all his foes.

**The Certainty of Safety.**

The psalmist has had sufficient experience to be assured that this is no mere pious and beautiful thought but out of the furnace of personal history comes the glad confident ringing cry "this I know." The Christian need not merely hope for safety with the uncertainty of human hope, but with the Divine assurance founded on the immutability of the eternal power of God. "If God be for us who can be against us," is the Apostle's word in Romans 8:31. Beyond peradventure, without the shadow of doubt the Christian may know that when he cries unto the Lord, then will his enemies turn back. Not merely because he is a good man, not because he is a special favorite with high heaven, not because he has some special influence with God but because God has said, "I will never leave thee, I will never fail thee." Relying therefore on the omnipotent power and the unbreakable promise of the Almighty God he can say "I know."

**The Cause of Safety.**

The cause or reason of the believer's safety does not depend on the believer's own strength nor ability, but in the simple fact that God is for him. God was for him when Christ died for him upon the cross. The less is always included in the greater and "He that spared not his own son, but delivered him up for us all, how shall he not with him freely give us all things?" Rom. 8:32.

God was for the believer when Christ died, he was for the believer when salvation was bestowed, he was for him when he was brought into the family of God and being now one of the father's children in Christ, God will be for him in the time of danger to provide safety from all his enemies. Oh, that the children of God might learn to believe "when I cry unto thee then will mine enemies turn back: this I know: for God is for me."

**Bond of Sympathy.**

To be real, and yet trustful—sober, yet full of hope in our views and anticipations of life—is one secret means of conformity to the mind and will of God. And such a temper of soul has the further unspeakable blessing, that it connects our life with the life of our Lord, and forces a bond of sympathy and union with him.—Rev. T. T. Carter.

## YOU NEED NOT SUFFER WITH BACKACHE AND RHEUMATISM

For centuries GOLD MEDAL Haarlem Oil has been a standard household remedy for kidney, liver, bladder and stomach trouble, and all diseases connected with the urinary organs. The kidneys and bladder are the most important organs of the body. They are the filters, the purifiers of your blood. If the poisons which enter your system through the blood and stomach are not entirely thrown out by the kidneys and bladder you are doomed.

Weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, headache, pain in loins, and lower abdomen, gallstones, gravel, difficulty when urinating, cloudy and bloody urine, rheumatism, sciatica, lumbago, all warn you to look after your kidneys and bladder. GOLD MEDAL Haarlem Oil Capsules are what you need.

They are not a "patent medicine" nor a "new discovery." For 200 years they

have been a standard household remedy. They are the pure, original imported Haarlem Oil your great-grandmother used, and are perfectly harmless. The healing, soothing oil soaks into the cells and lining of the kidneys and through the bladder, driving out the poisonous germs. New life, fresh strength and health will come as you continue this treatment. When completely restored to your usual vigor, continue taking a capsule or two each day. They will keep you in condition and prevent a return of the disease.

Do not delay a minute. Delays are especially dangerous in kidney and bladder trouble. All reliable druggists sell GOLD MEDAL Haarlem Oil Capsules. They will refund the money if not as represented. In three sizes, sealed packages. Ask for the original imported GOLD MEDAL. Accept no substitutes.

Small Pill, Small Dose, Small Price But Great in its Good Work

Colorless or Pale Faces usually indicate the absence of Iron in the blood, a condition which will be greatly helped by Carter's Iron Pills

**As Age Advances the Liver Requires occasional slight stimulation.**

**CARTER'S LITTLE LIVER PILLS**

correct **CONSTIPATION**

*Beutelschlag*

Colorless or Pale Faces usually indicate the absence of Iron in the blood, a condition which will be greatly helped by Carter's Iron Pills

## Win the War by Preparing the Land Sowing the Seed and Producing Bigger Crops

Work in Joint Effort the Soil of the United States and Canada

CO-OPERATIVE FARMING IN MAN POWER NECESSARY TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

**Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist**

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

**Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels**

To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.

Western Canada's help will be required not later than May 5th. Wages to competent help, \$50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to:

**U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR**

CLEVELAND, OHIO

**Different Ideals.**

"My boy says that in going to be a soldier he is going to begin at the bottom."

"Now mine has quite a different ambition. He wants to go over the top."

**Proving Nothing.**

"I pride myself on always getting to the bottom of a thing."

"That's nothing; so does a barnacle."

It's the girl who can't sing that seems anxious that every one should know it.

**Used to 'Em.**

"Do you suppose we'll ever have gas attacks in this country?"

"Good heavens, man, aren't we accustomed to congress and legislatures in session?"

**Correct.**

"Where did we get that word Satan?"

"Oh, that's merely an Old Nick name."—Boston Transcript.

Some men's littleness is by far the biggest part of them.

**Lend Him A Hand**

BUY LIBERTY BONDS

For **PATRIOTISM**

**ECONOMY**

"Actions speak louder than words"—Act—Don't Talk—Buy Now

**160 ACRE FARMS IN WESTERN CANADA FREE**

Get under the Shower of Gold

coming to farmers from the rich wheat fields of Western Canada. Where you can buy good farm land at \$15 to \$30 per acre and raise from 20 to 45 bushels of \$2 wheat to the acre it's easy to make money. Canada offers in her provinces of Manitoba, Saskatchewan and Alberta

**160 Acre Homesteads Free to Settlers**

and other land at very low prices. Thousands of farmers from the U. S. or their sons are yearly taking advantage of this great opportunity. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. Good schools, markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. Immigration, Ottawa, Canada, or to

**W. S. NETHERY, Room 52, Interurban Bldg., Columbus, O.**

Canadian Government Agent